

Help,
Health,
Fellowship..



March 2015

COA CONNECTIONS

Newsletter of the Bedford Council on Aging, 12 Mudge Way, Bedford, MA 01730

Telephone 781-275-6825 E-mail: coa@bedfordma.gov

Website: <http://www.bedfordma.gov/council-on-aging>

Director:

COA Elder Services Coordinator: Wendy Aronson

Administrative Assistant: Alissa Anderson • Department Assistant: Diane Pascucci

Saturday Activities Coordinator: Vicky Umanita • COA Board Chair : Roberta Ennis



Meet Our DPW Director!

Join Roy Sorenson, our new DPW director on March 11 at 11 AM (weather permitting) to answer any questions you may have! Please let us know that you are attending by calling (781) 275-6825.

The Need of Association and Companionship in Life

ETERNAL SEARCH FORUM

A group that discusses life in the universe

Wednesday March 25, 6 PM

Conveners: Mool Raj Mathur & Bijoy Misra
"Ambition towards Achievement"



Human ambition is towards a selective goal to achieve happiness. However all ambitions do not translate into achievements. We share views... Refreshments will be provided. If you are interested in attending, please contact Bijoy Misra 617-864-5121 or Mool Raj Mathur 617-429-7095. All are welcome!

Veterans' Coffee

Wednesday, March 18 at 10:00 AM

Join Tom Moran, Veteran Liaison with Compassionate Care Hospice to have coffee and to converse about years in the service. Tom was in the army branch and was in The National Guard for 13 1/2 years. All are welcome. Please call to RSVP 781-275-6825.



Measles: What You Need to Know

March 10 at 11:30 AM

The Measles Outbreak!! Are you at risk?? Come learn what you should know about this contagious disease. Presented by Nancy Carney RN, BSN, Clinical Liason for VNA of Middlesex-East Home Health & Hospice. Light lunch provided by Right At Home In Home Care & Assistance of Bedford. Please call the Bedford COA to RSVP (781) 275-6825.



FREE Tax Assistance

The Council on Aging will again be offering FREE income tax preparation beginning **February 9th** and will accept appointments until **April 9th**. Volunteers certified under the AARP Tax Aide Program will prepare your simple Federal and Massachusetts personal income tax returns or answer your tax questions. This free service can answer most of the tax issues faced by low and middle income taxpayers with special attention to those over age 60. Call the COA at (781) 275-6825 to schedule a confidential appointment. Friday and Saturday appointments are also available by calling the Bedford Library at 781-275-9440.

SATURDAYS AT THE COA

We are open 12 - 4 PM!

12:30 Beginner's Italian

1:00 Bridge, cards, pool

1:15 Movie (See page 3 for more details!)

Reminder!

Please contact the Council on Aging at (781) 275-6825 if you will need a ride to Town Meeting, March 23 and 24.

CONTENTS

Just for Fun	2
FBCOA/Movies	3
Fitness News	4
Evenings	5
Calendar	6
Trips/Ongoing Events	7
For Your Health	9
Need to Know	10

✿ JUST FOR FUN ✿



WIZARD MUSIC:

Friday, March 6 at 12:30pm

John Kienzle from Wizard Music will provide keyboard "Irish Songs" for easy listening. Come in for lunch, relax and enjoy John's music!

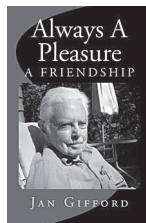
Trivia and Pizza

10:30 AM on Tuesday, March 3

Join Under My Roof In Home Care for a morning of trivia and a slice of pizza! Please call the COA at (781) 275-6825 to sign-up! *This agency provides in-home care services that allow people to stay in their homes with the greatest level of independence possible. "Our goal is to help you stay under your roof with respect and dignity. Now it's up to us to deliver on what we have promised."*

Always A Pleasure

Author Jan Gifford from Concord will be here on **Monday March 23 at 1:00 PM** to discuss her book "Always A Pleasure" This is a story about friendship in later life and how age and gender do not matter when people share common interests. Sign up is preferred. Please call the COA for more information. **Books are available on Amazon and from the author!**



Name That Tune!

Becoming a monthly favorite at the Council on Aging, Laura Blair from Concord Health Care, will be back to present an afternoon of music and fun on **Monday March 16 at 12:30 PM**. Enjoy a snack while you try to recognize some of these old favorites! Please sign up in advance by calling (781) 275-6825.

Have Lunch at the Bedford Café!

A delicious meal, catered by Carleton-Willard and sponsored by Minuteman Senior Services, is served at 11:45 AM on Mondays, Wednesdays, and Fridays. Menus are available at the COA. **Reservations are required** even if you have established a regular schedule. To sign up, call Lisa at 781-275-8542 at least two days ahead. **Limit of 40 per day so sign up early to ensure your space!** Suggested donation: \$3



Lunch and BINGO
Thursday, March 5
11:30 AM

Lisa Honka is back at the COA! Come play for a chance to win some GREAT prizes! Lunch and prizes will be provided by Brightview Concord River. Please sign up by calling (781) 275-6825.

Police Coffee

Join Bedford Police Chief Bongiorno and Elder Affairs Officer Kristen Dineen for coffee and conversation on **Tuesday March 10 at 8:30 AM**. Bring your questions, or just come to visit!



Fire Safety Breakfast

Join Fire and Life Safety Educator Nick Anderson on **Wednesday, March 12 at 8:30 AM** for a delicious breakfast and information on fire safety in the home! Please call (781) 275-6825 to sign up.



Movie: *The Quiet Man*

Tuesday March 24 at 7:00 PM

In an attempt to escape his past, Sean Thornton (John Wayne) returns to America to reclaim his homestead. Once he is home, his eye is caught by Mary (Maureen O'Hara), a poor maiden with an ill-tempered older brother named Will. Their relationship is constantly on attack by Will (Victor McLaglen), which forms the main plot line, with Sean's past as the undercurrent.

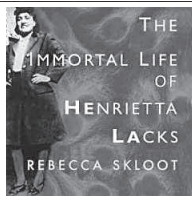
Pizza & Conversation!

On Monday, March 30 at 5:30 PM, stop in to the Council on Aging for pizza and conversation about local senior living options! Presented by Always Best Care Senior Services. Please sign up by Friday, March 27 by calling (781) 275-6825.



Volunteers Needed!

We are seeking volunteers to help serve lunch at the Bedford Café on Mondays, Wednesdays, and Fridays. For more information, please call Lisa at 781-275-8542. Meals on Wheels drivers are also needed. To volunteer as a driver, please call Diane at 781-221-7093.



Library Book Discussion: Tuesday March 24, 1:00 PM

Staff from the Bedford Free Public Library will be leading a book discussion at the COA on *The Immortal Life of Henrietta Lacks* by Rebecca Skloot. The first immortal human cells, code-named HeLa, have flourished by the trillions in labs all around the world for more than five decades, making possible the polio vaccine, chemotherapy, and many more crucial discoveries. But where did the HeLa cells come from? Science journalist Skloot spent 10 years arduously researching the complex, tragic, and profoundly revealing story of Henrietta Lacks, a 31-year-old African American mother of five who came to Johns Hopkins with cervical cancer in 1951, and from whom tumor samples were taken without her knowledge or that of her family. Henrietta died a cruel death and was all but forgotten, while her miraculous cells live on, growing with mythological intensity. Skloot travels to tiny Clover, Virginia; learns that Henrietta's family tree embraces black and white branches; becomes close to Henrietta's daughter, Deborah; and discovers that although the HeLa cells have improved countless lives, they have also engendered a legacy of pain, a litany of injustices, and a constellation of mysteries. Writing with a novelist's artistry, a biologist's expertise, and the zeal of an investigative reporter, Skloot tells a truly astonishing story of racism and poverty, science and conscience, spirituality and family driven by a galvanizing inquiry into the sanctity of the body and the very nature of the life force.



Saturday Afternoon at the Movies!

Thanks to the FBCOA for our funding!

All movies begin at 1:15 PM



March 7 *Magic in the Moonlight* (2014) PG-13 Exposing a phony soothsayer (Emma Stone) proves harder than expected when the debunker (an Englishman) becomes smitten with the purported fraud (a French beauty). This deft romantic comedy unwinds amid the gilt and glamour of the French Riviera in the 1920s.

March 14 *Life's A Breeze* (2014) R In the process of making over aging matriarch Nan's ratty apartment, a cash-strapped Irish clan inadvertently discards her mattress that's stuffed with nearly one million euros. The question now is: where do old mattresses go to die?

March 21 *The Judge* (2014) R Big city lawyer Hank Palmer (Robert Downey Jr.) returns to his childhood home where his father (Robert Duvall), the town's judge, is suspected of murder. Hank sets out to discover the truth and, along the way, reconnects with his estranged family.

March 28 *My Old Lady* (2014) PG-13 New Yorker Mathias Gold (Kevin Kline) is delighted to learn that he's inherited a Paris apartment from his deceased father. But delight turns to dismay when Mathias travels to France to sell the property and finds his dad's former lover (Maggie Smith) occupying the place.

Friends of the Bedford Council on Aging Next Meeting: Tuesday, March 10 at 1:00 PM

FBCOA Annual Membership Dues 2014—2015

INDIVIDUAL	\$5.00	_____
FAMILY	\$7.00	_____
CONTRIBUTION		_____
TOTAL	\$	_____
(Tax deductible contributions gratefully accepted)		
NAME	_____	
ADDRESS	_____	
TOWN/ZIP CODE	_____	
EMAIL:	_____	

If you would like to be reminded when it is time to renew your dues, please email Barbara Purchia: bsrpurchia@aol.com with FBCOA in the subject line.

Fix It Shop is Open for Business!

Regular hours are Tuesdays and Wednesdays from 9:00 AM - Noon. All proceeds benefit the FBCOA. Whether you need a watch battery replaced or your vacuum cleaner needs repairing, the Fix it Shop volunteers can do just about any job!

The Friends of the Bedford Council on Aging is an independent non-profit organization that supports the Bedford COA, a municipal agency. Your taxes support the COA; donations and dues support the FBCOA.



Fitness News



MORNING EXERCISE CLASSES

(Taught by Andrea, Sharon & Sophia)

5 classes per week for \$50/month - only \$2.30 per class!

3 classes per week for \$45/month - only \$3.20 per class!

2 classes per week for \$35/month - only \$3.89 per class!

1 class per week for \$20/month - only \$4.62 per class!

How are the classes different you ask?

Mondays classes (9:00 AM) are taught by Andrea Dollett, a long-time instructor here at the Bedford Council on Aging. Her class is our most intense class of the week, with an optional 30 minute Pilates class following an hour of aerobics and weights.

Bedford Local Sharon Cummings teaches on Wednesdays (9:00 AM) and Fridays (9:00 AM). These classes are a combination of aerobic exercise and strengthening, stretching and balance work. These two days are our middle level classes.

Tuesday (9:30 AM) and Thursday (10:00 AM) are taught by Sophia Halilova, also a long-time instructor at the COA. Her class focuses more on joint strengthening, stretching and balance. These classes are our lowest impact morning exercise.

Come join us!
Your body will thank you!

Drop in rate for the above classes is \$5.00/day

BONING UP ON OSTEOPOROSIS!

Beverley J. Ikier, a senior fitness specialist and educator, has partnered with the Bedford Council on Aging to teach alternate approaches to combating various health issues. Osteofitness™ for Osteoporosis and Osteoarthritis is more than just strengthening. The program focuses on joint mobility with progressive resistance training to increase bone density, a training method developed by Miriam Nelson, PhD and others. OsteoFitness™ classes are held on Tuesdays and Fridays at 12:30 PM at the COA. The cost of this program is \$160 (includes 20 classes). Please visit the COA or call to register at (781) 275-6825.



WELLNESS FOR YOUR MIND, BODY, AND SPIRIT

CHAIR EXERCISE: Great for range of motion and balance improvement. This class is practiced in a chair and includes elements of yoga and mediation. **\$65** per 8 week session (Wednesdays at 12:30 PM w/Madeline)

CHAIR YOGA: A gentle form of yoga that is practiced sitting in a chair, or standing using a chair for support. Includes 30-minutes of meditation at the end. Mondays at 9:30 w/Lorraine or Fridays at 9:30 w/Helen; **\$65** per 8 week session *Take both for just \$120!

FLOOR YOGA: This form of yoga is practiced using a mat on the floor. Includes 30-minutes of meditation at the end. Mondays at 11:15 or Thursdays at 9:15 w/Lorraine; **\$65** per 8 week session *Take both for just \$120!

TAI CHI: Tai Chi (pronounced "Tie Chee") is a mind-body exercise from China and has its roots in martial arts. Because of it's soft, gentle movements and deep breathing it is sometimes called "Moving Meditation". Thursdays at 1:00 taught by instructors from the Oriental Healing Arts Association. **\$65** per 8 week session.

ZUMBA GOLD: Perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination; **\$65** per 8 week session (Tuesdays at 4:00 PM w/Vera)

**Drop in rate for the above classes is
\$10 per day**

Tap Dancing Returns!

Join the talented Chuck Frates for his popular Tap Dancing class on Tuesdays at 11:00 AM. This session will run for 8 weeks and the cost is \$65.00. Payment is due upon sign up and checks should be made payable to the Town of Bedford. No previous experience is required. Don't forget your tap shoes!

Pre-registration is required for all classes. Please let us know if you have any questions.

Evenings at the COA



Get On Up –The James Brown Story

Join Diane at the COA on Wednesday, March 4 at 7:00 PM for a viewing of *Get On Up*. Based on the incredible life story of James Brown, the Godfather of Soul, the film will give a fearless look inside the music, moves and moods of Brown, taking audiences on

the journey from his impoverished childhood to his evolution into one of the most influential figures of the 20th century. Boseman is joined in the drama by Viola Davis, Octavia Spencer, Nelsan Ellis, Lennie James, Tika Sumpter, Jill Scott and Dan Aykroyd.

Fun & Games

Do you like exercising your mind? Meeting new people? Being in a warm and comfortable environment during the cold of winter? Do you enjoy sharing the fun and laughter afforded by board games, card games or billiards? Come and join us on **Wednesday, March 18 at 7:00 PM** as we begin a fun time of getting those synapsis firing and enjoying inside warmth during winter's cold. Come for a fun evening of cribbage, puzzles, backgammon, poker, billiards, etc. If anyone

would like to bring their dinner and utilize the convenience of our café, equipped with ample fresh coffee and tea, please feel welcome to arrive earlier if this is more convenient.

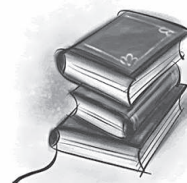


Author Discussion

Do you have a favorite author? A favorite book? Join Diane for a monthly gathering to discuss various authors and their respective works. This new and exciting group will begin on **Wednesday, March 11 at 7 p.m.**

We will begin with author John Steinbeck. Come share your ideas, opinions and/or insights about this talented and much respected author! Come and join us as we discuss his inspirational, informative and interesting novels. Prior knowledge or reading of the author's works are not essential but are welcomed. Some of Steinbeck's works include: *Of Mice and Men* (1937), *The Grapes of Wrath* (1939) and *Travels with Charlie: In Search of America* (1960).

Please feel free to bring your dinner if you are arriving straight from work; the COA kitchen has a microwave, coffee/tea and a relaxing atmosphere.



Breaking Down the Walls of Resistance: Accepting Help with Caregiving

How many times has your mother or wife refused to bathe or to change her clothes? How often have you lost sleep or been late for work because of caregiving for a loved one with dementia? How many times have people offered caregiving help but you have refused their assistance? Whether it is the person with dementia refusing care or you are refusing help with caregiving, join us on **Wednesday, March 25 at 6:30 PM** to learn ways to effectively introduce help to your loved one and accept caregiving assistance. Please sign up by calling (781) 275-6825 as dinner will be provided by Right At Home In Home Care & Assistance of Bedford.



Join COA staff for a viewing of *Mr. Turner* (2014) on **Wednesday April 1 at 6:00 PM**. This movie explores the last quarter century of the life of famed 19th-century painter J.M.W. Turner. This film spotlights his artistic genius, along with the eccentric and frequently insensitive behavior that he exhibited in his private life. "*Mr. Turner is about the tensions and contrasts between this very mortal man and his timeless work, between his fragility and his strength. It is also an attempt to evoke the dramatic changes in the world over the last quarter century of his life.*" ~ Director Mike Leigh

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Exercise 2 9:30 Chair Yoga 10:00 Pilates 11:15 Floor Yoga 11:45 Lunch 1:00 Poker 3:00 Handcrafts	9:00 Fix It Shop 3 9:30 Exercise 10:30 Trivia 11:00 Dup. Bridge/ Tap 12:30 OsteoFitness 1:00 Writing Group 2:00 Computer Drop-In 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again/ Great Books	9:00 Exercise/ Fix It Shop 4 10:00 Computer Club 10:30 Songfest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 6:30 Sit 'n Stitch 7:00 Movie	9:00 Muscle Care 5 9:15 Floor Yoga 10:00 Exercise 11:00 Duplicate Bridge 11:30 Lunch & BINGO 12:30 Art Class 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In	9:00 Exercise 6 9:30 Chair Yoga 10:00 Sit 'n Stitch 11:45 Lunch 12:30 OsteoFitness/ Wizard Music 1:00 Scrabble/ Line Dancing
9:00 Exercise 9 9:30 Chair Yoga 10:00 Pilates/ BINGO/ Science & Tech Club 11:15 Floor Yoga 11:45 Lunch 12:30 Prescription Advantage 1:00 Poker 3:00 Handcrafts	8:30 Police Coffee 10 9:00 Fix It Shop 9:30 Exercise 10:00 SHINE 11:00 Dup. Bridge/Tap 11:30 Measles 12:30 OsteoFitness 1:00 FBCOA/Walgreens 2:00 Computer Drop-In 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again	9:00 Exercise/ Fix it Shop 11 10:00 Genealogy 10:30 Songfest 11:00 Mah Jongg/ DPW 11:45 Lunch 12:30 Chair Exercise 1:00 Dale Tamburro 6:30 Sit 'n Stitch 7:00 Author Discussion	8:30 Fire Breakfast 12 9:00 Muscle Care 9:15 Floor Yoga 10:00 Exercise 12:30 Art Class 1:00 Current Events/ Ken Gordon/ Tai Chi 2:00 Computer Drop-In	8:00 Podiatry 13 9:00 Exercise 9:30 Chair Yoga 10:00 Sit 'n Stitch 11:45 Lunch 12:30 OsteoFitness 1:00 Scrabble/ Line Dancing
Red Hook Tour Trip 16 9:00 Exercise 9:30 Chair Yoga 10:00 Pilates 11:15 Floor Yoga 11:45 Lunch 12:30 Name That Tune 1:00 Poker 3:00 Handcrafts	9:00 Fix It Shop 17 9:30 Exercise 11:00 Dup. Bridge/Tap 11:30 St. Patrick's Day Lunch 12:30 OsteoFitness 1:00 Writing Group 2:00 Computer Drop-In 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again	9:00 Exercise/ Fix it Shop 18 10:00 Veterans Coffee 10:30 Songfest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise/ Bedford Embraces Diversity 2:00 SHINE 5:30 Name That Tune 6:30 Sit 'n Stitch 7:00 Fun & Games	9:00 Muscle Care 19 9:15 Floor Yoga 10:00 Exercise/ Hearing 11:00 Duplicate Bridge/ Colon Health 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In	9:00 Exercise 20 9:30 Chair Yoga 10:00 Sit 'n Stitch 11:45 Lunch 12:30 OsteoFitness 1:00 Scrabble/ Line Dancing
Town Meeting 23 9:00 Exercise 9:30 Chair Yoga 10:00 Pilates 11:15 Floor Yoga 11:45 Lunch 1:00 Poker/ Nurse's Hours/ Author Talk 3:00 Handcrafts	9:00 Fix It Shop 24 9:30 Exercise 10:00 SHINE 11:00 Dup. Bridge/Tap 12:30 OsteoFitness 1:00 Book Discussion 2:00 Computer Drop-In 4:00 Zumba Gold 6:00 Coffee Hour 7:00 Movie 7:30 Single Again	9:00 Exercise/ Fix it Shop 25 10:30 Songfest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 6:00 Eternal Search 6:30 Sit 'n Stitch/ Caregiver's Dinner- "Accepting Help"	9:00 Muscle Care 26 9:15 Floor Yoga 10:00 Exercise 10:30 Taste & Tour of Atria 12:30 Art Class 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In	9:00 Exercise 27 9:30 Chair Yoga 10:00 Sit 'n Stitch 11:45 Lunch 12:30 OsteoFitness 1:00 Scrabble/ Line Dancing
9:00 Exercise 30 9:30 Chair Yoga 10:00 Pilates 11:15 Floor Yoga 11:45 Lunch 1:00 Poker 3:00 Handcrafts 5:30 Senior Living Options	Old Schwamb Mill Trip 31 9:00 Fix It Shop 9:30 Exercise 11:00 Dup. Bridge/Tap 12:30 OsteoFitness 2:00 Computer Drop-In 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again	<div style="text-align: center;">  <p>©LPi</p> </div>		



**DON'T KEEP YOUR
BUSINESS A SECRET!**
 Sponsor this newsletter today!!!
Call Today
800-732-8070



SPONSORS WANTED!!!
800-732-8070

Don't Forget These Ongoing Activities

- Bingo!** All are welcome on Monday March 9 at 10:00 for a chance to win token gifts.
- Songfest** Wednesdays at 10:30! All are welcome to join this fun and spirited group!
- Play Scrabble!** Do you love to play Scrabble? Then come to the COA Fridays at 1:00 to play!
- Texas Hold 'Em Poker!** Join the game each Monday at 1!
- Handcraft Group** Bring your own handcraft projects and chat on Mondays at 3:00! New members always welcome!
- Play Mah Jongg!** Wednesdays beginning at 11:00! All are welcome! Lessons available!
- Play Duplicate Bridge!** Every Tuesday and Thursdays 3/5 and 3/19 at 11 AM.
- Science & Tech Club** Join us Monday March 9 at 10:00 for this exciting conversation!
- Coffee Hour** Meet new friends and have a cup of coffee or tea on Tuesday evenings at 6:00.
- Talk to Your State Representative** Ken Gordon will be at the COA on Thursday March 12 at 1:00 PM to talk with you about state issues. Bring your questions!
- Are You A Federal Retiree?** Rosemary Dyer is available to answer questions about your benefits. Please call the COA to arrange a meeting.
- Current Events** This volunteer-lead discussion keeps the topics interesting each week! The group meets on Thursdays at 1:00. All are welcome!
- Genealogy** Explore your family tree on Wednesday March 11 at 10:00 AM
- Nom de Plume Writers Group** meets the first and third Tuesdays of every month at 1 PM. Do an exercise, share your work, and get feedback! New members are always welcome!
- Single Again** Are you finding yourself single again as an adult 55 or older? Please join us every Tuesday evening at 7:30 for an informal discussion group.
- Line Dancing with Katrina** Fridays at 1 PM. The class costs \$2 (paid to instructor).
- Discover Tap Dance!** Chuck will have you tapping on Tuesdays at 11:00! Each 8-week session is only \$65. Don't forget your tap shoes!
- Bedford-Lexington Great Books** Meets in the Flint Room at 7:30 PM on **Tuesday March 3** to discuss **Rudyard Kipling Kim**, Dover. (Snow date: 3/10) Newcomers are always welcome!

Trips! Trips! Trips!

Redhook Brewery Tour- \$60

Join us on **Monday, March 16** for a trip to Portsmouth NH to visit and tour the Redhook Brewery for **just \$60 per person!** The tour includes a guided walk through the brewery, some Redhook history, an explanation of just how we make our fine beers, and a sampling session with three to four samples of beer and a souvenir pint glass. We will also be staying for an exceptional lunch at the Cataqua Pub, named after the Piscataqua River that divides New Hampshire and Maine, the third fastest flowing navigable river in the world. "Piscataqua" is a Native American term, metaphorically translated to "a place where people come together, and where they part on their separate ways." **Meal choices upon sign-up... Many options for lunch, plus dessert!** *Price includes transportation, lunch, tour, and a souvenir glass!*



Old Schwamb Mill- \$44

On Tuesday, March 31 jump on the bus for a trip to the historic Old Schwamb Mill in Arlington for only **\$44 per person!** We'll take a tour and see how they produce hand-turned museum quality oval frames. The historic Old Schwamb Mill site itself survives as a continuously operating site where, for more than 300 years, immigrant Puritan, Yankee, and German entrepreneurs harnessed the free water power of a narrow, fast moving brook to run machines and develop a series of family-owned businesses. The Mill's story is as compelling as the beauty of the frames produced here for the most recent 137 years. We'll stay local and have a hearty lunch at Not Your Average Joe's. **Meal choices upon sign-up... Many options for lunch, plus dessert!** *Price includes transportation, lunch and tour!*



All trips depart from the Bedford Town Hall



Say **"Thank you"** with your patronage to the sponsors who support this newsletter.

To find our sponsors, visit SeekAndFind.com

Brown & Brown, P.C.

COUNSELLORS-AT-LAW

www.brown-brown-pc.com



110 Great Road
Bedford, MA

781-275-7267

• Asset Preservation • Medicaid Planning
• Real Estate • Wills • Trusts • Estates

ELECTRICAL PROBLEM?

Call James M Stander
Master Electrician

Residential
Commercial

978-580-5020

29 years serving
Bedford

Ask for senior discount
Lic #9770-A

THE DEBBIE SPENCER TEAM



Amy Borshay-Bokser
REALTOR®



Debbie Spencer
Broker/REALTOR®/SRES



Meghan Spencer MacLeod
REALTOR®



Specializing in Senior Sales & Relocation

O: 781-862-1700 • C: 617-285-7300 • www.debbiespencer.com

Bedford/Lexington office • 1688 Mass. Ave., MA

Life Experience ■ **Life**style ■ **Life**care ■ **Life**long ■ **Life** Enrichment ■ **Life** Purpose

A Benchmark for *Life*.

Through our commitment to your health—**Lifecare**—we promise to provide every resident with guaranteed access to a full continuum of health care services for **life** with predictable monthly fees. That is the **Lifecare Advantage**.



The **Lifecare Advantage** is backed by **Benchmark Senior Living**, the largest provider of senior housing in New England. We strive to enrich the lives of seniors through an advanced approach to personal fulfillment. **At the intersection of self, purpose and community you will find The Commons in Lincoln.**


The Commons
IN LINCOLN
A Benchmark Signature Living Lifecare Community

One Harvest Circle
Lincoln, MA 01773

Brand-new cottages and apartment homes.
Open House every Thursday & Sunday, 1-3 p.m.
RSVP: 1-877-274-6995 or www.TheCommonsInLincoln.com



Law Office of Dale J. Tamburro

Providing Comprehensive Legal Services
to families of all income levels for the past 25 years.

FREE INITIAL CONSULTATION 617-489-5919

Dale@TamburroLaw.net

ESTATE PLANNING: Disability, Nursing Home Planning,
Wills, Trusts, Power of Attorney, Elder Housing Options
Protecting your home from Long Term Care Costs

PROBATE: Conservatorships, Guardianships and Estates

REAL ESTATE: Closings/Titles, Deeds,
Purchase and Sale, Financing Options, Reverse Mortgages

www.TamburroLaw.com • 90 Concord Ave. Belmont, MA

 **Emerson Hospital
Home Care**

- > Visiting nurses
- > Home health aides
- > Rehabilitation therapists
- > Medical social workers

Medicare certified.

For a referral or evaluation,
call **978-287-8300** or **1-888-220-5343**.

For Your Health

Health Screenings

Nurse's Hours: Monday March 23 Community Health Nurse, Joyce Cheng will be at the COA at 1:00 PM to take your blood pressure and to provide individual consultation for any health questions you may have. She will meet with people on a "first come, first served" basis.

Podiatry Clinic: Friday, March 13 Dr. Bryant Tarr will be at the COA from 8-11 AM. Please call to let us know you are coming. The cost is \$25 for each treatment.

SHINE Health Benefits Help! SHINE counselors from Minuteman Senior Services will be available **Tuesdays March 10 and 24** beginning at 10 AM and **Wednesday March 18** beginning at 2 PM. Please call to make an appointment! If you cannot leave your home, they will call you.

Free Hearing Clinics: Joe Sarofeen of Apex Hearing will be here on **Thursday, March 19** from 10 AM to 1 PM. Please sign up at the COA or by calling (781) 275-6825.

Diabetes Management

Tuesday, March 10 at 1:00 PM

Diabetes can be managed through diet and exercise. However, many people need help managing this disease with medication. Join Megan Soucy, Walgreens pharmacist from Lexington, to learn about diabetes and how to manage this condition through lifestyle modifications and blood glucose monitoring. We will also do an overview on medication guidelines to ensure you are meeting your diabetic goals.



Colon Health: Thursday March 19 at 11:00 AM

March is the month for Colorectal Cancer Awareness. The Community Health Nurse, Joyce Cheng RN, will give a presentation on the risk factors, signs and symptoms, and ways to prevent colon cancer. She will also discuss the recommendation of routine screening. She will also discuss how diet, daily activities, and life style changes can enhance colon health. A hearty and tasty colon healthy homemade soup will be served. Please call the Council on Aging at (781) 275-6825 to sign up.



Sleep, Sleep Disorders & Aging

Do you find that your sleep pattern and/or sleep quality is changing as you age? Are you finding it difficult to fall asleep? Remain asleep? Are you snoring? Are you a shift worker? Sleeping is one of the most important aspects of health yet we tend to ignore its impact upon our well-being. The Bedford Council on Aging is pleased to have Evan D. Chinoy, Ph.D. present "Sleep, Sleep Disorders, and Aging". Dr. Chinoy is a post-doctoral research fellow in the Division of Sleep and Circadian Disorders at Brigham and Women's Hospital and the Division of Sleep Medicine at Harvard Medical School. Dr. Chinoy's research focuses on how sleep and circadian rhythms are affected by aging and nighttime light exposure, and their impacts on performance and health. The presentation will take place on **Wednesday, April 8th at 7 pm.**



Bedford Council on Aging Services

In addition to the many educational and recreational programs offered, we offer a variety of services to older adults and their caregivers including:

- ◆ Senior service evaluation and coordination
- ◆ Senior-related crisis intervention
- ◆ Assistance in choosing housing, including assisted living and nursing facilities
- ◆ Transportation to medical appointments
- ◆ Help in obtaining public benefits
- ◆ Health benefits counseling
- ◆ Job placement through the Town and in the private sector
- ◆ Home Safety evaluations to identify potential fire, crime, falling, and other hazards
- ◆ Legal counseling by an attorney
- ◆ Tax preparation by AARP/IRS

Elder Services Coordinator, Wendy Aronson is available for consultation either in-person by appointment or by phone at (781) 275-6825. If you are a family member or caregiver of a senior, Wendy can help you access the information and resources that best suit your needs. Please do not hesitate to call!

What You Need to Know

Council on Aging Board Meeting

The next Board meeting will be held on **Tuesday, April 14 at 11:30 AM** in the Fitch Room (second floor, Town Center Building). All are welcome to attend this public meeting. The COA board is an appointed committee that consists of 9 volunteers who live in Bedford and are registered Bedford voters. They work toward solving complex issues and setting or recommending policy that helps to shape the kind of community in which we live.

Taking Control of Your Future

Back by popular demand! Attorney Dale Tamburro returns to the Bedford COA on **Wednesday, March 11 at 1:00 PM** to present on MassHealth (Medicaid), estate taxes and trusts available to seniors, and also answer any questions you may have. He will also offer (free of charge) three individual 45-min. appointments beginning at 9:30. Please call the Bedford Council on Aging at 781-275-6825 to schedule your appointment or for more information!

Atria Longmeadow Place

Join us at the COA for a St Patrick's Day Lunch on **Tuesday March 17 at 11:30 AM**. Please sign up at the COA by Friday, March 13. Hop on the van and take a Taste and Tour of Atria! **Thursday, March 26 10:30 AM**. Limit 11. Please sign up at the Council on Aging at (781) 275-6825!

Prescription Advantage

Monday March 9 at 12:30 PM

Kathy Devine, Outreach Coordinator for the Prescription Advantage Program, will be here to talk with you about Prescription Advantage and how it works with your Medicare or other prescription drug coverage. This is a good time of year to talk about this program, particularly if you have reached the Donut Hole in 2014.

It will give you peace of mind to know that with Prescription Advantage you could potentially avoid those sky-rocketing drug costs in 2015! Please call the Council on Aging at (781) 275-6825 to sign up.



SCIENCE & TECHNOLOGY CLUB

Will be meeting **Monday March 9 at 10:00 AM** to view and discuss *How We Got To Now with Steven Johnson, Episode 1: Clean*. Learn how clean water has changed our world and the way we live our lives. (REPEAT due to snow) Bring your ideas for future meetings! We would love to hear about your interests!



Jacob Wren Throckmorton Memorial Art Show

Jacob Wren Throckmorton (1994-2014) devoted his young life to music and art, and was an inspired volunteer at the Bedford Council on Aging. Bedford artists, age 55+, who would like to participate should contact the COA at coa@bedfordma.gov or by phone at (781) 275-6825. Please provide identity of the artist, type and size of art to be submitted, contact information, and if the piece is for sale. Submit one piece or many!

A reception will be held Friday, April 10th from 4:00-8:00 PM.

Friday, April 10 8:00 AM-8:00 PM

Saturday, April 11 12:00 PM-4:00 PM

at the Bedford Council on Aging

Muscle Care Clinic

With Wayne Durante, LMT

\$10 for 10 minutes

Thursdays beginning at 9:00 AM

Please call for an appointment : 781-275-6825

Computer Club

Meetings will continue on the 1st Wednesday of each month through the year. A round table discussion will be held on **Wednesday March 4 at 10:00 AM**.

Computer Drop-In

All are welcome!!! Our friendly Computer Club volunteers will be here each Tuesday and Thursday afternoon at 2:00 to help those with questions about any aspect of computer use.

Get Answers by Email!

Todd Crowley answers computer questions of Bedford residents by email! Simply send your questions to AskToddC@yahoo.com

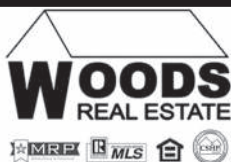


THE COMPUTER CORNER





GOT PAIN CALL WAYNE
Gentle Pain Relief
 Call 978-761-8254 for appt.
muscleclinic.massagetherapy.com



655 Boston Road
 Billerica, MA 01821

Office: 978-262-9665

Direct: 978-376-3978

Fax: 978-262-9881

Email: joan@woodsre.com

www.joanParcewski.com

Joan Parcewski
 Realtor, SFR, LMC, CDPE,
 SRES, GRI, GREEN, CBR,
 CIAS, CSHIP, Notary
 Licensed in MA



MEAD BROS.
TREE SERVICE, INC.
1-781-275-7787



All aspects of tree service
 Fully Insured

30 Shawsheen Ave., Bedford

ComForcare Home Care
 Licensed, Insured, Bonded Caregivers



Lic 8381

- Companionship
- Personal Care & Hygiene
- Medication Reminders
- Light Housekeeping & Cooking
- Transportation

978-256-2468

Jenn Ashe Quinn • Care Coordinator

www.middlesexnorth.comforcare.com



**Quality of life:
 Extraordinary**



Life's calling.

CARLETON-WILLARD VILLAGE

100 OLD BILLERICA ROAD • BEDFORD, MA 01730

781.275.8700

WWW.CARLETON-WILLARD.ORG

**Thinking about downsizing
 or selling your home?**

Not sure where to start?

Let our team of life-long area residents
 worry about the details so you don't have to!



Suzanne & Company
 HISTORIC AND CLASSIC HOMES

Kw
KELLER WILLIAMS
 REALTY

781.275.2156 ofc | 617.799.5913 dir | SuzanneS@kw.com | HistoricMAHomes.com



This Space Available



**For Information On Advertising,
 Please Call Our Representative**



Lisa Templeton
 at 800-732-8070 x3450 or
 Email: ltempleton@4LPi.com

Liturgical Publications Inc
 Connecting Your Community™

PROTECTING SENIORS NATIONWIDE

PUSH



TALK



24/7 HELP



\$19.95*/Mo. + 1 FREE MONTH

- No Long-Term Contracts
- Price Guarantee
- American Made

TOLL FREE: 1-877-801-5055

*First Three Months

**HOLIDAY
 SPECIAL**



VisitingAngels
 LIVING ASSISTANCE SERVICES

Senior Home Care

978-486-0972

2 Hours up to 24 hours care
www.visitingangels.com/acton



ExcelCenter

FOR NURSING AND REHABILITATION AT LEXINGTON

Short term rehab & long term care

Excel Center for Nursing & Rehabilitation at Lexington is
 proud to offer a variety of therapies and skilled nursing ser-
 vices to the Lexington community and surrounding areas.

Seven days a week!

- Physical Therapy • Speech Therapy
- Occupational Therapy

**We accept all major insurances as well as
 Medicare & Medicaid**

Located in historical Lexington,
 our 24/7 nursing staff provides
 individualized care to its residents
 enabling us to ensure the safest,
 quickest recovery possible.



For more info, contact the admissions director

tel 781-861-8630 fax 781-861-1099 email info@excelcenterlexington.com
 840 Emerson Gardens Road . Lexington, MA 02420

Need Help Cleaning?

10% Off for Senior Citizens

- General House Cleaning
- Carpet & Area Rug Cleaning
- Air Duct (HVAC) Cleaning
- Post Construction Cleanup

Fire, Water & Mold Cleanup

24 Hour Emergency Service

(781) 861-0500

SERVPRO
 Fire & Water - Cleanup & Restoration
 Lexington/Bedford

www.ServproOfLexington.com



Measles Outbreak: What You Need To Know

Details on Page 1

Local Author:
Jan Gifford

Monday, March 23 at 1PM

See Page 2 for details

COA CINEMA PRESENTS:

Get On Up (2014) March 4 at 7:00 PM
Magic in the Moonlight (2014) March 7 at 1:15 PM
Life's a Breeze (2014) March 14 at 1:15 PM
The Judge (2014) March 21 at 1:15 PM
The Quiet Man (1952) March 24 at 7:00 PM
My Old Lady (2014) March 28 at 1:15 PM

March Trips!

Redhook Brewery
Monday, March 16

Old Schwamb Mill
Tuesday, March 31

Details on Page 7

Pneumococcal Clinic

on March 24th at 10 AM
 Please call the Board of
 Health at 781-275-6507
 to make an appointment

Dine With Us!

Breakfast & Coffee

Police Coffee: Tuesday, March 10

Fire Safety Breakfast: Thursday, March 12

Veterans Coffee: Wednesday, March 18

Lunch

Pizza & Trivia: Tuesday, March 3

Lunch & BINGO: Thursday, March 5

St. Patrick's Day Lunch: Tuesday, March 17

Colon Health: Thursday, March 19

Tour of Atria: Thursday, March 26

Dinner

Right At Home: Wednesday, March 25

Always Best In Home Care: Monday, March 30

CHECK INSIDE FOR ALL THE DETAILS!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 Exercise 9:30 Chair Yoga 10:00 Pilates 11:45 Lunch 1:00 Poker Floor Yoga 3:00 Handicrafts	9:00 Fix It Shop 9:30 Exercise 11:00 Duplicate Bridge Tap Dance 12:30 OsteoFitness 1:00 Writing Group 2:00 Computer Drop-In 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again	9:00 Exercise Fix It Shop 10:00 Computer Club 10:30 Songfest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 6:30 Sit 'n Stitch 55+ Night	9:00 Muscle Care 9:15 Floor Yoga 10:00 Exercise 11:00 Duplicate Bridge 1:00 Current Events Tai Chi 2:00 Computer Drop-In	9:00 Exercise 9:30 Chair Yoga 10:00 Sit 'n Stitch 11:45 Lunch 12:30 OsteoFitness 1:00 Scrabble Line Dancing	12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie *PLUS MUCH MORE EVERY DAY! See Inside for details!

Address
Service
Requested



12 Mudge Way, Bedford, MA 01730

COUNCIL ON AGING

PERMIT NO. 42

PRESORTED
STANDARD
POSTAGE PAID
BEDFORD